

St. Paul Capitals



5000 PUCK CHALLENGE

TRACKING SHEET

GOAL: Increase shot speed, quickness and accuracy

The Plan: Shoot 5000 pucks in 10 weeks

Weekly Goal: 500 shots per week.

Daily Goal: 100 shots per day (5 days per week)

WEEK 1:

Day	Shot type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot - Low			
Day 2	100 Wrist Shot - High			
Day 3	100 Snap / Slap Shots - low			
Day 4	100 Snap / Slap Shots - High			
Day 5	100 backhand			

WEEK 2:

Day	Shot type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot - Low			
Day 2	100 Wrist Shot - High			
Day 3	100 Snap / Slap Shots - low			
Day 4	100 Snap / Slap Shots - High			
Day 5	100 backhand			

WEEK 3:

Day	Shot type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot - Low			
Day 2	100 Wrist Shot - High			
Day 3	100 Snap / Slap Shots - low			
Day 4	100 Snap / Slap Shots - High			
Day 5	100 backhand			

WEEK 4:

Day	Shot type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot - Low			
Day 2	100 Wrist Shot - High			
Day 3	100 Snap / Slap Shots - low			
Day 4	100 Snap / Slap Shots - High			
Day 5	100 backhand			

WEEK 5:

Day	Shot type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot - Low			
Day 2	100 Wrist Shot - High			
Day 3	100 Snap / Slap Shots - low			
Day 4	100 Snap / Slap Shots - High			
Day 5	100 backhand			

WEEK 6:

Day	Shot type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot - Low			
Day 2	100 Wrist Shot - High			
Day 3	100 Snap / Slap Shots - low			
Day 4	100 Snap / Slap Shots - High			
Day 5	100 backhand			

WEEK 7:

Day	Shot type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot - Low			
Day 2	100 Wrist Shot - High			
Day 3	100 Snap / Slap Shots - low			
Day 4	100 Snap / Slap Shots - High			
Day 5	100 backhand			

WEEK 8:

Day	Shot type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot - Low			
Day 2	100 Wrist Shot - High			
Day 3	100 Snap / Slap Shots - low			
Day 4	100 Snap / Slap Shots - High			
Day 5	100 backhand			

WEEK 9:

Day	Shot type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot - Low			
Day 2	100 Wrist Shot - High			
Day 3	100 Snap / Slap Shots - low			
Day 4	100 Snap / Slap Shots - High			
Day 5	100 backhand			

WEEK 10:

Day	Shot type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot - Low			
Day 2	100 Wrist Shot - High			
Day 3	100 Snap / Slap Shots - low			
Day 4	100 Snap / Slap Shots - High			
Day 5	100 backhand			

After taking 5000 shots in 10 weeks, you have dramatically improved your shooting skills.

Player Name _____

Email _____

Age _____

Phone _____

Team _____

Total shots taken in 10 weeks:

I verify that all information regarding the amount of shots taken to be correct

Player Signature

Parent Signature